

**John 3:14-21**

**How we stay in the light**

Jesus speaks to Nicodemus, a Jewish leader and a Pharisee, of being sent because of God’s love to offer eternal life to the world. He uses the image of light and darkness to explain the concept of judgement. Those who do wrong things avoid the light, because it reveals what they are doing; but those who do what is good and true are attracted to the light.



**Bible notes**



The perspective of the world portrayed in John’s Gospel is one of contrasts: life and death, light and darkness. There is no ‘in between’, no shadows, no half-light. People choose: life or death, light or darkness.

John picks up the imagery of the bronze serpent in this week’s Old Testament reading. Just as anyone who chose to look up at the bronze serpent would live, so anyone who believes in Jesus will live. The act of looking at the serpent was an act of faith, of looking for healing; so too looking to Jesus for healing brings life. John’s explanation of this is God’s unconditional love. The newly-formed people of God in the Old Testament reading needed tangible ways to understand God and to express themselves to God. So, they were given ways of doing this – the sacrificial system, offerings, the bronze serpent. The need persists; but now, says John, God loves the world so much that God comes to the world in person – a truly tangible way of demonstrating how to live in the light.

**First impressions**

- What is this pet doing?
- Why it desirable to stay in the light?
- What actions and behaviours might be markers of someone walking in the light of God?



Paint a lightbulb. Select a 40-watt bulb and use heat-resistant glass paints from a craft store (not acrylic or oil based). Clean the light bulb and once it’s dry, paint on your design. Safely place the lightbulb into a suitable light fitting. When you switch it on you will be reminded that we are invited to live in God’s light.

**A prayer of adoration**

Almighty God, King of kings and Lord of lords, we adore you.  
You make sense of our lives, of our living and our loving.  
You make sense of the world around us, in peace and in turmoil.  
In moments of joy and desolation you bring us meaning and purpose.  
You are light in our darkness.  
Almighty God, King of kings and Lord of lords, we adore you.  
Amen.

**Plant**

Plant some seeds and nurture them, by placing the pot in the light so that it can thrive. Put a label on the plant: ‘Darkness into light’. Look out for signs of growth daily.



**LISTEN**



Play ‘Let There Be Light’, Hillsong Worship on Let There Be Light and, as you listen, contemplate how your community might benefit from letting in God’s light.

**LOOK**

Find your favourite light in your house – perhaps a lamp, torch, or an overhead light with a shade you all like. Switch off every light but the one you’ve chosen. Look at the pool of light it casts as you read aloud John 3:16-21. Talk together about the way in which belief in Jesus brings light into your life.